

## New to our pantry.... We are here to help!

There is assistance available if your household is food insecure or if you are experiencing a temporary food crisis.

Please start by calling and speaking with Ingrid.

Ingrid works for CEO\Weinberg NE Regional Food Bank and provides outreach and information to those who need food assistance. Ingrid can be reached by **calling or texting 570-550-1594**. Assistance avenues include information on Federal Assistance Programs, SNAP Pre-screening, Food Banks, Pantries and Free Meals in Susquehanna County. You can also find her at most food giveaways in our county.

Things to consider....

1. Are you signed up for this month's Mobile Pantry? You will need id that shows you live in Susquehanna County.
2. If you currently are enrolled in SNAP – is your file accurate? Has your household experienced a change in size, income, expenses? Call your case worker and update your information.
3. Do you know that additional Food Banks exist in our county?
4. Is anyone older than 60 or younger than 5 in the household? There are age specific food assistance programs available.
5. How about some tips on stretching the budget? Or a nutritional education class?

Ingrid will be able to provide the assistance that is relative to your family. Please call to discuss your specific needs. **570-550-1594**

